

# The Recovery Zone System

**plus:**  
**Chapter 1. Welcome to Recovery**  
**Chapter 2. Your Recovery Plan**  
**Chapter 26. For Family and Friends**

		RED ZONE
	FOCUS	<b>Stop. Activate your recovery.</b> Stop everything you are doing and save your life. Focus entirely on survival and your recovery. <b>[Chapters 3-15]</b>
	TIMELINE	First commitment to 1.5–3 years in recovery.
	ARE YOU READY?	<ul style="list-style-type: none"> <li>• Do you have an honest and ongoing desire to stop drinking or using drugs?</li> <li>• Are you ready to focus exclusively on recovery?</li> <li>• Are you ready to save your life?</li> </ul> <b>[3-4]</b>
RECOVERY ACTIVITIES	RECOVERY TREATMENT	Start professional treatment, if needed, with: <ul style="list-style-type: none"> <li>• Detox</li> <li>• Inpatient or outpatient treatment</li> <li>• Guidance to address issues such as trauma</li> </ul> <b>[5, 6, 7]</b>
	MUTUAL-SUPPORT FELLOWSHIP	Start intensive participation in mutual-support activities. Complete steps 1–3 (decision steps) and 4–9 (action steps). <b>[8-9]</b>
	SPIRITUALITY	Your brain is too foggy for much spiritual growth. Focus on acceptance, preparation.
	LIVING SOBER AND PREVENTING RELAPSE	Learn about cues and triggers that can lead to relapse. Develop a plan to deal with cravings. Your living environment is structured enough to keep your focus on recovery. <b>[10]</b>
LIFE PLAN	RELATIONSHIPS	Put relationships on hold and work on yourself. Lay the groundwork for later repairs. <b>[11]</b>
	RECREATION AND SOBER SOCIALIZING	Recreation and socializing are low priorities. Learn how to socialize sober. <b>[11]</b>
	EDUCATION, CAREER, FINANCES	Put education, career, and finances on hold as much as possible. Learn to handle work stress. <b>[12]</b>
HEALTH PLAN	PHYSICAL HEALTH	Focus on survival. Take care of immediate needs. Learn about the risks of drugs in health care. <b>[13]</b>
	DIET	Eat to avoid relapse and relieve cravings. <b>[13]</b>
	EXERCISE	Do some exercise, but be sure it is not goal-oriented or isolating. <b>[13]</b>
	MENTAL HEALTH	Symptoms may be due to addiction. Unless they are life-threatening, usually the best approach is to continue your focus on recovery. <b>[14]</b>

## YELLOW ZONE

### **Proceed with caution. Build your life.**

Maintain your foundation of sobriety and strong recovery. Build your new life.

**[Chapters 16-20]**

1.5–3 years in recovery to 4–6 years.

- Do you have a strong and stable recovery? Has the fog lifted?
- Have you completed initial treatment? Do you have a relapse prevention plan?
- Are you still involved in a recovery fellowship? Have you completed steps 1–9? Are you ready to start steps 10–12?
- Have you seen the promises of the *Big Book* come true?
- Are you ready to rebuild your life? **[16]**

Professional treatment, if any, should focus on growth in relationships, career, and emotions, and healthy living practices.

**[16-17]**

Continue mutual-support activities. If you want to cut back, talk to your sponsor. Welcome leadership and service opportunities. Start steps 10–12 (maintenance). **[16-17]**

Develop and practice spiritual attitudes and activities. **[16-17]**

Continue to be watchful of cues and triggers. Review your plan for cravings often. Do Recovery Zone ReChecks regularly. Your living environment is supportive of your personal goals. **[16-17]**

Rebuild or start new relationships with your partner, family, friends, and others. **[18]**

Explore recreational and social activities. **[18]**

Build or rebuild your education, career, and finances. **[19]**

Stabilize your health. Find a primary care provider and address neglected issues. Avoid all mood-altering medications. **[20]**

Learn about nutrition and improve your diet. **[20]**

Find forms of exercise you enjoy. **[20]**

Focus on quality of life issues. **[20]**

## GREEN ZONE

### **Go. Celebrate your life.**

Live a long, healthy, sober life. Help others find recovery.

**[Chapters 21-25]**

4–6 years to the end of your life.

- Do you have a strong and stable recovery, and a fulfilled and content life?
- Are you still involved in a recovery fellowship? Have you completed steps 1–12?
- Have you rebuilt your life (relationships, recreation, education, career, finances)?
- Have you restored your health?
- Are you ready to help others find recovery? **[21]**

Maintain a relationship with a professional for help as needed. **[21-22]**

With your sponsor, find your best level of participation. Continue to practice step 12. Make sponsoring, service, and leadership priorities. **[21-22]**

Be available to guide others. **[21-22]**

Continue to be watchful of cues and triggers. Review your plan to deal with cravings often. Do Recovery Zone ReChecks regularly. You are strong enough to live wherever you want. **[21-22]**

Relationships should be healed, content, and growing. Address and prevent addiction in your extended family. **[21, 22, 23]**

Participate regularly in recreational and social activities. **[21-22]**

Career and finances should be stable. **[21-22]**

Achieve your best health. Focus on preventive care. Avoid all mood-altering medications. **[24-25]**

Establish good dietary habits. **[24]**

Set and meet exercise goals. **[24]**

Focus on quality of life issues. **[24]**